



Dining for Women

**Food for Thought
November 2009**

Haitian Health Foundation

Theme: Food security for women and their children in developing countries.

WOMEN HOLD THE KEY TO FOOD SECURITY

According to the Food and Agricultural Organization of the United Nations, "Rural women make a tremendous contribution to food and agricultural production. They also play a crucial role in determining and guaranteeing food security and well-being for the entire household."

Women's empowerment is central to:

- Raising levels of nutrition
- Improving production and distribution of food and agricultural products
- Enhancing the living conditions of rural populations.



HHF's "Give a Goat" program provides pregnant breeding goats to indigent rural women.

Ode to the Goat

- On a worldwide basis, more people drink the milk of goats than any other single animal.
- Dairy goats are kept successfully in all climates.
- Goat milk has a more easily digestible fat and protein content than cow milk. The increased digestibility of protein is of importance to infant diets.
- Many dairy goats, in their prime, average 6 to 8 pounds of milk daily (roughly 3 to 4 quarts) during a ten-month lactation,
- Goat manure is used for gardens and the male goats (of little economic value) are slaughtered and eaten - an excellent source of protein.
- "With all the money donated to help fight famine around the world, with all the grandiose plans conceived to conquer poverty, sometimes all it takes to save a child is a goat." – *60 Minutes, CBS News Magazine Program*

Questions for Discussion:

- How is the food security issue different for women in Haiti than in other countries?
- After centuries of political instability and corruption, colonization, slavery, and natural disasters, what are some sustainable ways Haitian women might provide nutrition for themselves and their families?

References/Sources:

Food and Agricultural Organization of the United Nations

<http://www.fao.org/FOCUS/E/Women/WoHm-e.htm>

American Dairy Goat Products Association

Extension Goat Handbook-USDA

George F.W. Haenlein Ph.D

Goat Medicine-Mary C. Smith DVM & David M Sherman DVM, MS

Own a Dairy Goat-ADGA

American Dairy Goat Association ®

Haitian Health Foundation

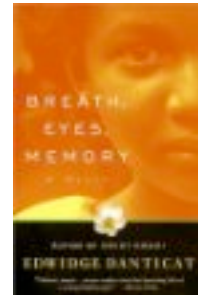
Meeting Resources

Book Corner

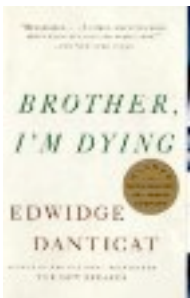


Edwidge Danticat was born January 19, 1969 in Port-au-Prince, Haiti and moved to Brooklyn, NY at age 12.

Her novel *Breath, Eyes, Memory*, published by Soho Press in 1994, was an Oprah's Book Club selection. She received the American Book Award for *The Farming of the Bones* in 1999.



She was awarded The National Book Critics Circle Award for her family memoir, *Brother, I'm Dying*. Danticat received a 2009 MacArthur Genius Award in 2009.



From *Bookmark* magazine:

In *Brother I'm Dying* "Danticat tells a wider story about family and exile, the Haitian diaspora, the Duvalier regime, and post-9/11 immigration policy. Emotionally resonant and exceptionally clear-eyed, *Brother, I'm Dying* offers insight into a talented writer, her family history, and the injustices of the

modern world."

Fair Trade Shopping

Coffee

<http://www.justhaiti.org/buycoffee.htm>

Napkin rings

<http://www.tenthousandvillages.com/palm-leaf-napkin-rings>

"Haitian Hope" necklace

<http://shop.theanimalrescuesite.com/store/item.do?itemId=37301&siteId=220>

Coasters

<http://twohandsworldshop.com/hibiscus-coasters-handmade-fair-trade-p-357.html>

Dining for Women Recipes

Griots

(Haitian grillots -- fried, glazed pork)

This rich, flavorful dish is one of Haiti's most popular, invariably served at parties and family gatherings. Cubes of pork are soaked in a sour orange marinade and then slow-roasted until tender. The tender morsels are then given a final fry in oil until delectably caramelized. This recipe uses a mixture of orange and lime juice in place of the hard-to-find sour orange juice. Also spelled *grillots*, *griyo*, *griyot* or *griot*.



6 to 8 servings

- Pork shoulder, cubed -- 4 pounds
- Onion, thinly sliced -- 1
- Green or red bell pepper, thinly sliced -- 1
- Scotch bonnet peppers, chopped (optional) -- 1 or 2
- Shallots, thinly sliced -- 2 or 3
- Garlic, chopped -- 3 or 4 cloves
- Thyme -- 2 teaspoons
- Salt -- 2 teaspoons
- Pepper -- 1 teaspoon
- Oranges -- 2
- Limes -- 3
- Oil -- 1/4 cup

Method

1. Add the pork and all the other ingredients except the oil to a large, non-reactive bowl and mix together well. Refrigerate for 4 to 24 hours to let the meat soak up the marinade.
2. Oven to 375°F. Place the pork and its marinade into a large roasting pan and cover tightly with a lid or aluminum foil. Place in the oven and roast for 1 1/2 to 2 hours, or until the pork is tender.
3. Remove the roasting pan from the oven. Remove any extra liquid in the pan, putting it into a saucepan, and set aside. Add the oil to the pan and stir it into the meat. Return the roasting pan to the oven and let the pork cook for 20 to 30 minutes more, stirring occasionally. Any liquid will evaporate away and the meat will begin to fry in the oil and brown.
4. While the meat is frying in the oven, place the saucepan with the reserved liquid on the top of the stove and boil it down until it is well reduced and thickens. Remove the roasting pan from the oven and mix the reduced sauce into the browned pork. Serve hot with with *sos ti-malis*, [banan peze](#) and a side of [pikliz](#).

Variations

- Use sour orange juice if you can find it. Or substitute [pikliz](#) vinegar for some of the orange and lime juice if you like.
- Griots can also be made on the stovetop. Use a large Dutch oven with a tight-fitting lid.
- Finely chopped scallions can be substituted for the shallots. Use four or five scallions.

Notes

- There is really no final standard of how to spell the name for this dish. Here are some of the most common spellings: *grillots*, *griyo*, *griot*, *griots*.

Members! If you have any questions about any of these recipes please feel free to contact Carolyn Mayers at crmayers@mac.com.

Soupe Joumou (Haitian Pumpkin Soup)

Adapted from <http://www.cdktichen.com/recipes/recs/233/Caribbean-Pumpkin-And-Rice-Sou124601.shtml>

A celebratory soup eaten on January 1, made with one of the staples in Haitian cooking, pumpkin. “A symbol of communion and brotherhood, (sisterhood!) that shines through today's dark days of poverty and continuing political strife - the Haitians around the world make it and eat it not to celebrate the New Year but to commemorate Independence Day, remembering the past and to hope for the future. During slavery, only the French colonists could drink this delicious and sweet-smelling meal on special occasions while slaves were to drink simple bread soup. On January 1st 1804, during the Independence celebration when this country became the world's first independent black republic, an enormous pot of pumpkin soup was invented and everyone present

was served a bowl to show that we as descendants of slaves could unite and produce something extraordinary.”

--Quoted from <http://www.recipezaar.com/Soupe-Joumou-Haitian-Pumpkin-Soup-Soupe-Au-Giramoun-204430>. Also, at this site you can find a version of the soup that is much more authentic (and complicated) than the vegetarian version presented here. The vegetarian version has been tested and is delicious, the other is probably also excellent, but has not been tested. An easy alternative may be to prepare the meat as directed at the beginning of the above referenced recipe, and then just add it to this recipe. There are MANY versions of this soup so make one of your own!

- 3T butter
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1/2t salt, or more to taste
- 1/2t ground coriander seed
- 1/2t (rounded) allspice
- 1/4t nutmeg
- 1/2c long grain rice
- 4c low-sodium chicken broth, or homemade chicken stock
- 2 1/2c pumpkin or winter squash, peeled, seeded and cut into 1/2 to 3/4 inch cubes
- 1c red potatoes, cut into 1/2 to 3/4 inch cubes
- a few outer leaves of a head of cabbage, or kale or collards, cut into 1-inch pieces
- 1/4t hot pepper flakes (you may use fresh habanero here, but be careful – VERY hot!
- 1c chopped cooked chicken (optional, omit for vegetarian version)
- 1T chopped fresh parsley

Heat butter in a large pot over medium heat and add onion. Saute onion until soft and add garlic, salt, coriander, allspice and nutmeg. Stir and cook for another minute or two. Add the rice and cook, stirring, for a minute or two more. Add the broth and bring to a boil, stirring from time to time. Reduce heat and simmer for 6 minutes. Add the pumpkin and the pepper flakes, increase heat slightly, and simmer for another 5 minutes, making sure the liquid is bubbling. Add the potatoes and cook for another 5 minutes. Finally, add the chopped cabbage or greens, turn heat up to medium high and cook for another 3 – 4 minutes or until all the vegetables and the rice are cooked. Remove from heat and let sit and allow the flavors to combine for 10 minutes or so. Taste and adjust seasonings and add salt and black pepper if needed. Serve garnished with chopped parsley. Serves 6.

Pikliz (Haitian Spicy Pickled Vegetables)

Adapted from <http://what4eats.com/print/1696>

A must have in the Haitian kitchen, pikliz vinegar is used frequently in Haitian cooking as a seasoning. Similar to Italian giardiniera, this condiment is served with nearly every meal. Make it mild or as hot as you dare! The original recipe called for using 2 – 6

habaneros! MAKE SURE TO ALLOW FOR THE 24 HOURS THIS NEEDS TO SIT BEFORE CONSUMING.

- Approx. ½ medium head cabbage, shredded
- 2 large carrots, grated
- ½ medium onion, thinly sliced
- fresh hot peppers, seeded and chopped (jalapeno, Serrano or habanero, your choice)
- 4 – 6 cloves garlic, minced
- 2t salt
- 8 – 10 peppercorns
- 2 ½ - 3c white wine or cane vinegar (may be found at oriental markets and is mild and tasty)
- 2 quart jar

Place all of the ingredients except the vinegar in a large bowl and toss thoroughly. Stuff the jar with the vegetable mixture and pour the vinegar over to cover, tamping down to remove excess air bubbles. Cover jar and place in refrigerator for a day or two before eating. This will keep for at least a month.

Ti-Malice (Haitian Hot Sauce)

Adapted from <http://www.foodbycountry.com/Germany-to-Japan/Haiti.html>

As if Haitian food needed more spice! Do try this not overly hot, slightly sweet sauce on the two recipes that follow this one. It makes something simple and good even better.

- 1c (scant) canned diced plum tomatoes (I used Muir Glen Fire-Roasted) reserve 2T for next recipe
- ½ small onion, chopped
- 1 - 2 jalapenos or serranos (hotter), seeded and coarsely chopped
- 1t brown sugar
- 1/4t salt
- 1/4c cane, malt or other light colored vinegar

Puree the tomatoes, peppers and onions in a food processor. Be careful not to inhale the hot pepper fumes now or while washing up. Place in saucepan and add the brown sugar, salt and vinegar. Cook over medium-low heat, stirring occasionally, for about 30 minutes. Remove from heat. Use at room temperature. Keeps for at least a few weeks.

Mais Moulin (Haitian Style Cornmeal)

Adapted from <http://www.miamiherald.com/1017/story/1247031.html>

This cornmeal, served with the black bean gravy from the next recipe, and some of the hot sauce, shows how a few simple, low cost ingredients can be combined creatively to

make for a nutritious, satisfying and especially tasty meal. This is like ugali, the East African, pretty bland version of cornmeal, with a pedigree. Make this and be surprised!

- 1T butter
- 1 – 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1/4t dried thyme
- 1/4c canned diced tomatoes (use leftovers from hot sauce recipe)
- 1/2t salt (approx)
- 1 1/4c medium grind cornmeal
- 2 1/2c water
- 1c to 1 can coconut milk (light OK)

Heat butter in a heavy pot over medium – low heat. Cook the onion for about 10 minutes, stirring. Add garlic and thyme, increase heat to medium and cook for 1 minute. Add the tomatoes, stir, and add the water and salt. Bring to a boil and whisk in cornmeal, a little at a time to prevent lumps. Return to a boil, reduce heat to medium – low and cook stirring frequently, for about 8 minutes. It will be thick. If it seems too thick to stir effectively, you may add a little water. After 8 minutes, add 1 cup of coconut milk and stir well. Reduce heat to low and cook for another 20 minutes, stirring periodically and adding additional coconut milk if it seems too thick. Serve hot with bean gravy (recipe follows) and hot sauce, with pikliz on the side. Serves 4 – 6.

Sous Pwa Noir (Haitian Black Bean Sauce, or gravy)

Adapted from <http://www.haitisurf.com/forums/viewtopic.php?t=1866>

Very satisfying, and with the cornmeal, makes a complete protein. Very, very good. Traditional recipes call for using dried beans and soaking and cooking at length. This recipe uses canned beans and only takes about 45 minutes from start to finish.

- 1 can of black bean (or any kidney type bean but then it won't be "noir")
- 1T oil of choice, or bacon fat
- a pinch of ground cloves
- 1/2 small onion, diced
- 2 cloves of garlic, minced
- 1 slice bacon, cut into small pieces (optional but really adds to the flavor)
- 1 seeded, chopped jalapeno, or, in a pinch, some cayenne pepper powder or flakes
- 2T canned chopped tomatoes, or 1T tomato paste
- 1/4t or more salt

Drain the beans, reserving liquid. Set aside. Heat oil in a small saucepan over medium heat and add cloves and onion. Saute for about 5 minutes, then add garlic, bacon and jalapeno and sauté for another 5 minutes or so. Add tomatoes, beans and salt and about 1/2 the bean liquid. Reduce heat to low to medium – low, and simmer for 15 – 20

minutes, covered. Remove from heat and let cool a bit. Place mixture in food processor and puree for at least a minute to make a very smooth sauce, adding a little bean liquid if needed. It should be the consistency of medium to thin gravy. Return to pot and reheat, adjust seasonings as needed and serve hot over cornmeal. Serves 4 – 6.

Pain Patate (Haitian Sweet Potato Pudding Cake)

Adapted from <http://recipes.caribseek.com/Haiti/sweet-potato-pudding.shtml>

Not really cake at all, this tastes like and has the moist feel of pumpkin pie without the crust! YUM! If you use the food processor to grate the sweet potato this recipe is a snap to make. Serve cool, plain or with whipped cream. Even better the second or third day.

- 2lbs. sweet potatoes, peeled, grated
- 1 large very ripe banana cut into ½ inch pieces
- ¾c raisins or currants
- 1c brown sugar, packed (reserve 2 tablespoons)
- 1t grated fresh ginger
- ¼t salt
- 12oz. cream, half and half, or to prepare the Haitian way, evaporated milk
- 2 extra large eggs, beaten
- 1t vanilla extract
- ½t nutmeg, freshly grated preferred
- 1t ground cinnamon
- ¼t ground cloves
- 1c coconut milk
- 1 ½T butter, melted and cooled slightly

Preheat oven to 350. Mix the banana pieces into the grated sweet potato in a mixing bowl. Add all the other ingredients, one or two at time and mixing between each so everything gets evenly distributed. Spread in a buttered 9 x 13 inch baking dish and sprinkle the remaining brown sugar over the top. Bake for 1 ½ hours or until a toothpick inserted in the center comes out clean and the top is golden brown. Serves 12.

Many thanks to Carolyn Mayers (Onancock, VA-Chapter Leader) for researching and sharing with us the Fair Trade Shopping. Thank you to Carolyn and Shannon Gordon for recipes.